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(75) Abstract: There is disclosed the use of a consumable film comprising triprolidine for engelling an individual to wake refreshed after sleep and the method of treating such an individual with triprolidine. Use of a consumable film comprising triprolidine as active ingredient in the manufacture of a composition for the treatment of sleep disorders is also described. The trimonization of a consumable film comprising an effective dear of triprolidine as active ingredient to the manufacture of a composition for the treatment of sleep disorders is also described. The trimonization of a consumable film comprising an effective dear of triprolidine as active ingredient to the manufacture of a composition for the treatment of sleep disorders is also described. The trimonization of a consumable film comprising an effective dear of triprolidine as active ingredient to such a person is also described. The trimonization of a consumable film comprising an effective dear of triprolidine as active ingredient to such a person is also described. The trimonization of a consumable film comprising an effective dear of triprolidine as active ingredient to such a person is also described. The trimonization of a consumable film comprising an effective dear of triprolidine as active ingredient to such a person is also described. The trimonization of a consumable film comprising an effective dear. of triprolidine as active ingredient to such a person is also described. The triprolidine is administered shortly before a person wishes to fall asleep, preferably orally and most commonly in the form of a tablet containing up to 20 mg, e.g. 0.1 mg, 1.25 mg or 2.5 mg, of the active ingredient. The triprolidine is also effective in enabling an individual to sleep more easily.

